

diabetes-friendly superstar bowls

Enjoy some of our favorite diabetes-friendly recipes created by our dietitian. Each recipe incorporates ingredients from the American Diabetes Association list of “Diabetes [Superstar foods](#).” Each of these foods have a low glycemic index and provides key nutrients that are lacking in the typical Western diet such as calcium, potassium, fiber, magnesium, and vitamins A, C, and E.



beans



dark green leafy vegetables



citrus



milk & yogurt



sweet potatoes



berries



tomatoes



whole grains



fish high in omega-3 fatty acids



nuts

citrus berry bowl | serves 2

carb grams per serving: 20g | diabetic exchange: 2 fat | 1 fruit | 0.5 non-fat dairy

ingredients

1½ cups siggi's 0% vanilla skyr
1 cup frozen mixed berries
1 orange, skin removed and sliced
¼ cup walnuts, chopped

preparation

In a saucepan, heat frozen berries and Tbsp of water over medium heat with lid on, stirring occasionally. When berries have defrosted and formed a sauce, remove from heat (about 5-10 minutes). Set aside to cool.

Top vanilla siggi's skyr with oranges slices, berry sauce, and walnuts.

nutrition facts (per serving)

Calories 230, Protein 19g, Total Fat 10g, Saturated Fat 1g, Cholesterol 0mg, Sodium 60mg, Total Carbohydrates 20g, Fiber 4g, Sugars 10g



sweet potato & black bean bowl | serves 5

carb grams per serving: 24g | diabetic exchange: 2 fat | 1 fruit | 0.5 non-fat dairy

ingredients

- 3½ cups siggi's 0% plain skyr
- 1 medium sweet potato, cubed
- canola oil, as needed
- salt and pepper to taste
- 1 tsp olive oil
- 2 loves garlic
- 1 can (15oz) unsalted black beans
- ⅓ tsp cumin
- 2 Tbsp cilantro, chopped
- 1 tomato, chopped

preparation

Preheat oven to 420°F. Toss sweet potato-cubes in canola oil to lightly coat. Season with salt and pepper to taste. Bake for 20 minutes, or until tender.

Heat olive oil in a saucepan over medium heat. Add garlic and sauté until fragrant (about 1 minute). Add black beans, cumin, and 1 Tbsp of water, and stir to combine. Lower heat, and simmer for 20 minutes with lid on. Remove from heat, and stir in half of the cilantro. Season with salt and pepper to taste.

Top siggi's plain skyr with roasted sweet potato, black beans, and tomato. Garnish with remaining cilantro.



nutrition facts (per serving)

Calories 230, Protein 19g, Total Fat 10g, Saturated Fat 1g, Cholesterol 0mg, Sodium 60mg, Total Carbohydrates 20g, Fiber 4g, Sugars 10g

nordic bowl | serves 1

carb grams per serving: 10g | diabetic exchange: 1 non-fat dairy

ingredients

- ⅔ cups siggi's 0% plain skyr
- 2 tsp fresh dill, finely chopped
- 1 Tbsp farro, cooked
- ½ tsp lemon juice
- 1-2 slices of smoked salmon
- 1 Tbsp cucumbers, diced

preparation

Mix siggi's with half of the dill. In a separate bowl, dress farro with lemon juice.

Top the dill and siggi's mixture with the lemon farro, smoked salmon, cucumber, and garnish with the remainder of dill.



nutrition facts (per serving)

Calories 150, Protein 25g, Total Fat 2g, Saturated Fat 0g, Cholesterol 20mg, Sodium 71mg, Total Carbohydrates 10g, Sugars 4g